Celebrate Stress Awareness Month in April by exploring ways to reduce your stress and maintain overall well-being. Use the checklist below.

**Limit News Consumption**
Set personal boundaries for your daily news consumption. Consider a 30 minute news “check in” in the morning and again early evening.

**Spending a Few Minutes Stretching**
Stretching supports your joints and muscles, reduces the risk of injury and decreases stress. Take a few minutes to stretch before you exercise, or take a telework break from your chair!

**Use Guided Meditation**
Meditation reduces stress and helps you live in the present moment. Terps, Access FREE guided meditations hosted by the University Health Center.

**Keep Channels of Communication Open**
Share your personal experiences about the coronavirus and its impact on your life with each other. When emotions are intense, conflict is likely. Talking with and listening to others promotes problem solving and better understanding.

**Share Your Ideas:**
SPH community, please share your ideas and expertise for promoting health and wellness. We welcome certified health instructors to share their expertise!

> Share your wellness tips with us

**UMD School of Public Health**

**Life is the Time of COVID-19**

**Online Chat**
Every Wednesday at 12:00pm EST

Click here to watch

**RSVP**

**Enjoy 12 Sexual Health podcasts with: **

**Sex Week at Maryland #umdsexweek**
Check out the week of virtual sex positive programming resources and activities April 13-17

**Visit the UHC’s list of Birth Control Services, STI Screenings, Trans Health Care, and more.**